

Sh. Phadnis

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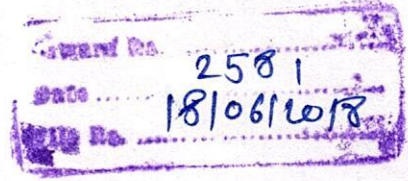
प्रति,

मान्य

मा. प्राचार्य,

18.6.18

इमादिल युसुफ महा.  
जागेरकरा (पू.)



मुंबई - ६०.

विषय: आंतरराष्ट्रीय योग दिवस (२१ जून)  
आजारा करणेबाबत (पत्रवाग्या ६०६०००)

मा. महोदया,

आपण, जिल्हा कोडा अधिकारी  
मुंबई, मांचे पत्र क जिक्कीअमुक/योगादिने  
२०१८/१८/४४८ दि १२ जून २०१८ मला  
नाक केले आहेत. त्याप्रमाणे दि २१ जून  
रोजा पुन श्री. श्री व स्पाट्स मॉन्टर  
अमुक विद्यमान सकाळी ८ ते ८ यावेळी  
बागेतील आपण आडिले विषय मध्ये.  
विशेष/कामे कर घेव्याचा पत्रवाग्या याचा दि  
निर्देशा NCC चे डॉ. फ्लेडा पोन्पारा  
या बाबतीत मा पत्रा केले आहे.

वकलाप/कामे कर

फ्लेडा

आ. वि.

P. M. Phadnis

सोमना क. न. फणीअ  
विभागप्रमुख - ३१  
राशना व खेड.





Notice

18-06-2018

Junior and senior college students

International Yoga Day 2018-19

Name of the program- International Yoga Day Workshop

Date- 21-06-2018

Venue- Open-garden auditorium stage

Time- 7.30 am

All students are requested to participate on a large scale. The workshop is jointly organized by the Department of Physical Education and Sports, the NSS, and the NCC. The session will be conducted by myself

*P. M. Phadnis*

Ms. Pratiksha Phadnis  
College Director of Physical Education and Sports





# International Yoga Day

21.6.18

## Attendance - Sports

<u>Sr. No.</u>	<u>Name</u>	<u>Class &amp; RMO</u>	<u>Sign</u>
1.	Ad. Chintan Jangli	I.Y. College	<u>C.S.J</u>
2.	Amol Nikam	I.Y. College	<u>Amol</u>
3.	Pratik Saitawadekar	I.Y. college	<u>Pratik</u>
4	Rohit Posugade	I.Y. college	<u>Posugade</u>
5.	Shubham More	I.Y. College	<u>More</u>
6)	Aman Singh	I.Y. College	<u>Asingh</u>
7)	Santosh Rathod	I.Y. college	<u>Rathod</u>
8)	Sanmesh warange	I.Y. college	<u>Swarange</u>
9)	Vaibhav Sharma	I.Y. College	<u>Vaibhav</u>
10.	Yash Bijam	I.Y. college	<u>Yash</u>
11)	Gosakh Gupta	I.Y. college	<u>Gosakh</u>
12)	Susheel Kummar	I.Y. College	<u>Susheel</u>
13)	Abhishek Yadav	I.Y. College	<u>Abhishek</u>
14.)	Harsh S. Kirdak	I.Y. college	<u>Harsh</u>
15)	Vishal Dinesh Gupta	I.Y. college	<u>Vishal</u>
16)	Aniket Aranda Nirmale	I.Y. college	<u>Aniket</u>
17)	Kaushal Jyoti Katre	I.Y. college	<u>Kaushal</u>
18)	Sunny S. Malhotra	I.Y. college	<u>Sunny</u>
19)	Anurag Gswami	I.Y. College	<u>Anurag</u>
20)	Pravin Nikam	I.Y. College	<u>Pravin</u>
21)	RAJESH YADAV	I.Y. COLLEGE	<u>Rajesh</u>
22)	Dinesh S. Yadav	I.Y. college	<u>Dish</u>
23)	AMAR KOLE	I.Y. college	<u>Amar</u>
24)	AARASH Yadav	I.Y. College	<u>AARASH</u>
25)	Ravi Vishwakarma	I.Y. College	<u>Ravi</u>



## Workshop Report

### International Yoga Day Celebration [23.06.2018]

**Date:** 21 June 2018

**Time:** 7:30 AM

**Venue:** Open-air Auditorium, Ismail Yusuf college

#### Event Overview

In celebration of International Yoga Day, a workshop was conducted for junior and senior college students to promote the practice and benefits of yoga. The event took place in the open-air auditorium, providing a serene and ideal setting for the session.

#### Organizers

The workshop was a collaborative effort between the Department of Physical Education and Sports, the NCC (National Cadet Corps), and the NSS (National Service Scheme).

#### Session Details

**Instructor:** Ms. Pratiksha Phadnis, Head of the Department of Physical Education and Sports

**Compere:** Dr. Sheetal Panchikar, Department of History

**Vote of Thanks:** Dr. Ravindra Kalesh, NCC

#### Program Highlights

**Introduction and Welcome:** The session commenced with a warm welcome to all participants, including students and faculty members. Dr. Sheetal Panchikar provided an overview of the day's significance and introduced the conductor

**Yoga Session:** Ms. Pratiksha Phadnis led the yoga workshop, focusing on the practice of Surya Namaskaras (Sun Salutations). She elaborated on the various postures and their benefits, emphasizing the importance of regular practice in maintaining physical and mental well-being. Students were guided through a series of Surya Namaskaras, learning the correct techniques and breathing patterns.

**Educational Segment:** Ms. Phadnis also discussed the significance of yoga in daily life, highlighting its role in enhancing concentration, flexibility, and stress management. The interactive session encouraged students to integrate yoga into their routines for a balanced lifestyle.

**Vote of Thanks:** Dr. Ravindra Kalesh extended gratitude to Ms. Pratiksha Phadnis for her insightful session and to all participants for their enthusiastic involvement. He also thanked the organizing bodies and the technical staff for their support.

**Refreshments:** Following the workshop, refreshments were served to all participants, providing an opportunity for informal interaction and feedback on the session.

**Conclusion:** The workshop was successful in raising awareness about the benefits of yoga among students and encouraging them to adopt healthier lifestyles. The serene atmosphere of the open-air auditorium, combined with the expertise of Ms. Pratiksha Phadnis, contributed to a highly engaging and informative session. The event achieved its goal of promoting well-being and integrating yoga practices into everyday life.

*P. N. Phadnis*

Ms. Pratiksha Phadnis  
[College Director of Physical Education and Sports]



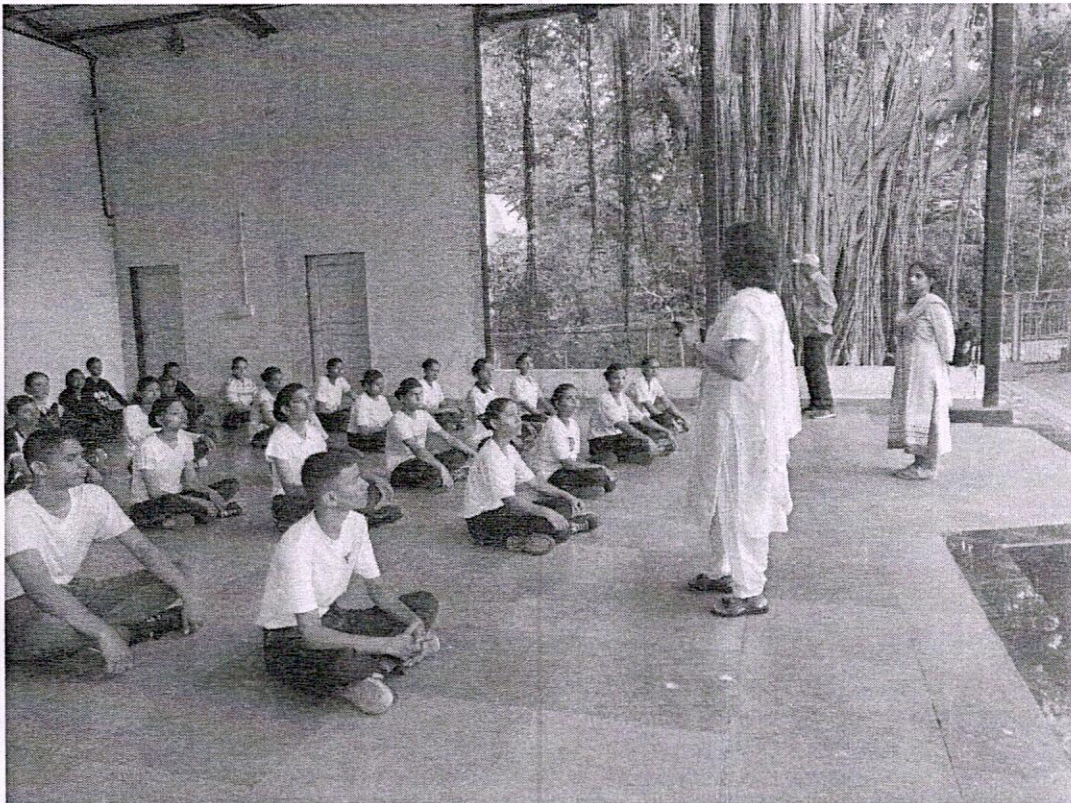


18-19 - Yoga Day



I. Y Pratiksha Chavan

Today at 2:32 pm







Government of Maharashtra

## ISMAIL YUSUF COLLEGE OF ARTS, SCIENCE & COMMERCE

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